



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Stand time: minimum 2 hours

Cook time : 15 mins

Serves: 4

INGREDIENTS

- ¾ cup natural coconut yoghurt
- 1 tbs grated ginger
- 1 tbs lemon juice
- 1 tbs garam masala
- 1 tbs tumeric ground
- ½ tsp cumin, ground
- ½ tsp coriander, ground
- ½ tsp chilli, ground
- 1 tsp pink rock salt
- ¼ tsp black pepper
- ¼ tsp cinnamon
- 750g chicken breast fillets
- 2 tbsp coconut milk

METHOD

- Soak wooden skewers in water before starting recipe, to avoid burning.
- Cut chicken into 2cm (1") pieces.
- Place all other ingredients into a bowl and mix well to combine.
- Add chicken pieces and stir to coat them well on all sides.
- Cover and refrigerate for a minimum of 2 hours.
- Slide pieces of chicken along the skewers, making 12 skewers in total.
- Place skewers under a medium-hot grill, turning them to cook all sides.
- Serve hot with at green salad, or vegetables of your choice.

CHICKEN TIKKA SKEWERS

